

RIANDA HOUSE

increasing life expectations



Making Improvements

(details inside)



riandahouse.org



Special thanks to

**THE GASSER FOUNDATION
DOUG AND ANNETTE SHAFER**

for the new roof

All our services are **FREE** because of **YOU!**



to chip in for
the refresh



The Two Types of People

There are only two types of people: male and female, tall and short, literate and illiterate, nationals and foreigners, liberals and conservatives, rich and poor, old and young, attractive and unattractive, pious and profane...

Obviously, the idea that there are only two types of people is nonsense. The fact that we can be divided along so many lines proves that there are as many types of people as there are people.

The stupidest two groups we create are "them" and "us." "Them" is always something less than "us."



A while back, I was looking out the window at yellow finches on our bird feeder. At first glance, they looked identical. On closer inspection, I saw that no two were alike. One was bigger. One had brighter feathers. One had a mark on its left ear.

Like the distinctions between finches, most of our differences are trivial and cosmetic. We try like mad to stand out from the crowd but a visitor from another planet would have a hard time telling us apart. We don't just look alike; we *are* alike. We all love and hate, laugh and cry,

dream and despair.

I have been accused of being Pollyannaish, focusing only on the good in others. I plead guilty. It's not because I am blind. I see that we are at each other's throats these days. I just don't think we have to be.

Rianda House is a great place to celebrate our common humanity. We hope to see you around the freshly painted house soon.




Welcome to Rianda House!

On the House is the monthly newsletter of Rianda House. We welcome ideas and submissions. Email info@riandahouse.org.

Rianda House is open Monday through Friday from 9:00 - 5:00. We offer a full slate of activities and services. We hope to meet you soon!

Our Mission

We increase life expectations by providing programs and activities that help older adults remain **strong** in mind, body, and spirit, **connected** in meaningful relationships, and **giving** from the abundance of their lives.

In this way, we make elderhood life's best chapter.

RIANDA HOUSE TEAM

Executive Director : Maury Robertson Program Director: Amanda Cole

Program Manager: Tessa Lorraine, Newsletter: Robin McGuire

Rianda House Board: Carroll Cotten - Board Chair, John Muhlner - Treasurer, Frank Mueller - Secretary

Julie Garvey, Braulio Muñoz, Meg Scrofani, Richard Walloch

Making a Great Thing Even Better!



our crowded hall, prior to the remodel

"We love Rianda House!" I hear that all the time. I also hear two other sentiments.

- 1) "I wish there was **a place just to come sit and enjoy being with friends.**"
- 2) Rianda House is a busy place. (There are over 175 events every month.) **But from Main street it looks like nothing is happening in there!**

This fall we are addressing both issues. We're turning the front room into a gathering place with a comfy couch, overstuffed chairs, and a table where you can sit with friends to talk or play a game or work on a puzzle.

We're getting new patio furniture with bright umbrellas and adding places to sit on the Main Street side of the house. The front door will remain open during business hours with a bold sign that says "Come on in!"

We want to change the impression of people walking down Main Street from,

*"Shh... They're taking a nap in there" to
"That place looks like a blast!" It is!*

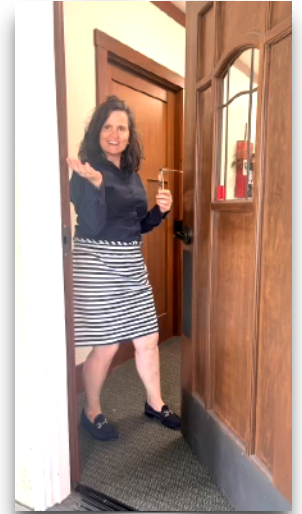
We want people to think of Rianda House when they're looking for a place to rest for a moment or to be with a friend. We would love to hear people around town saying,

"Let's meet at Rianda House."

There'll be a table waiting for you from 9:00-5:00 with free coffee, tea and snacks. Drop in. Take a load off. Read the paper. Shoot the breeze.

A big "Thank You!" to **Meuse Gallery**, the **St. Helena Beautification Foundation** and the **Chamber of Commerce** for the friendship bench out front. It's perfect!

We also want to thank the **Gasser Foundation** and **Doug and Annette Shafer** for getting the ball rolling by covering the cost of our new roof. Wow!



come on in!

On top of this, the community donated \$2,350 at our annual Car show in support of a fresh coat of paint.

To complete the remodel, we are seeking to raise an additional \$20,000 (riandahouse.org/support). We are grateful for any amount you are able to contribute.



**Please join us on October 26
from 3:00-5:00
to celebrate our grand opening!**



the first group to enjoy our new meeting table

Getting to Know You

Susan McWilliams

Each month, Rianda House is pleased to highlight a member of our growing community.

Where did you grow up?

I was born in Wisconsin; I'm a cheesehead. I eat cheese every day and I am eating cheese right now.

How long have you been in California?

Close to 50 years. I grew up in Wisconsin, but my family moved to Florida my last year of high school. I went to college in Florida, and after I graduated, I traveled to Europe and lived there for 14 months.

Where did you live in Europe?

I traveled throughout Europe, but spent most of my time in Bavaria, Germany. My friend and I wanted jobs for the winter and ended up working at a hotel in Berchtesgaten. We were part of a group of young Americans, Aussies and Kiwis and had a great time skiing, hiking and exploring. In the spring, we went through Austria and down the Yugoslavia coast to Greece where I spent a couple of weeks living on the island of Mykonos. We traveled up the coast of France and Italy to Spain where we met up with our entire Berchtesgaden gang in Pamplona for the running of the bulls on July 7. This was before the days of cellphones!

What got you into traveling?

My family took summer camping trips to northern Wisconsin lakes and to Florida over spring break, but they didn't travel extensively. I just always wanted to travel. In recent years, Terry and I have gotten into cruises; our best was from Cape Town, South Africa to Southampton, England up the west coast of Africa to the Canary Islands, Spain, Portugal, France and Morocco.

Any trips that didn't go as planned for you?

Once in France, our car was burglarized, and they stole my purse with our passports. And in Thailand, Terry came down with some mysterious ailment that was undiagnosable and spent two weeks in intensive care in Bangkok General.

But overall, we've had good experiences and some eye openers, like a voodoo ceremony in Togo. We really enjoy Africa. Last year we had great experiences in India, Malaysia and Indonesia.

How long have you been involved at Rianda House and what brought you to Rianda House?

I would say about 3-4 years now. I have to confess, like some of the people I interviewed, I avoided Rianda House because I thought it was for old people. But when I saw the classes like Zumba, I decided to try it out. The



classes are so great. I tell everyone I know that Rianda's a wonderful asset for St. Helena.

What would you like to see offered at Rianda House?

I'd love to see more cooking classes, discussion groups, thinking classes, world affairs, politics. That would be great.

What do people not know about you?

I was a cook on a tuna boat for a couple weeks. My partner and I were stranded in Mexico on our disabled sailboat and we were towed by the Mexican Navy down to Puerto San Carlos on the Pacific side of Baja, where we were stranded for several

months. American tuna boats came by for fuel and we got to know the captains. One boat lost their cook and offered to tow our sailboat back to San Diego if I went on the boat as a cook. So, I went out for a couple weeks with 13 men and my marginal cooking skills, cooking on a big diesel stove in the middle of August. It was quite exciting. They did end up towing us back, but the tuna boat sank and our sailboat became a lifeboat for the people on the tuna boat. Ultimately, we were rescued by the Coast Guard.

What were your best and worst jobs?

My best job was working at Inglenook Vineyards in the 80s; talking to people and tasting wine all day, being paid to take people out to lunch and train staff on wine. My worst job was creating computer manuals for a credit scoring company.

What do you know now that you didn't know when you were 20?

I suppose that when you are 20, you take a lot of things for granted. We don't think that one day our joints will need replacing, that our very democracy will be compromised. We make a lot of assumptions that life will go on as it once was even though we'll be older. You have to prepare for change and in some cases, major change.

If you were an animal, which would you be?

A cat. I love cats. Dogs have owners, cats have staff. Cats are very graceful, independent and choosy. They are very particular and independent.

Interview by Amanda Cole



Special Events

To register for special events call (707) 963-8555 x 101



Kaizen: Small Steps to Success

Ric Morgan

Wednesdays, October 1 & 8, 11:30-12:30

Rianda House

Kaizen is a Japanese philosophy focusing on incremental improvements in all aspects of life with an emphasis on the idea that small, ongoing changes can lead to significant overall progress.

Learn simple strategies for making changes in an effort to improve some part of one's life. **RSVP**



SongShine

Ellen Patterson & Eve-Anne Wilkes

Mondays, October 6 - November 10, 1:00-2:30

American Legion Hall

A fun singing class for adults looking to strengthen voices affected by aging or neurological conditions. Using the science-based SongShine method, you'll boost vocal strength, build confidence, and join a supportive community of singers! **RSVP**



Common Table Speaker Event

St. Helena Hospital, Rianda House

Wednesday, October 8, 6:00-8:00

Grace Episcopal Church

St. Helena Hospital is partnering with Rianda House and Common Table to offer a series of lectures on health and aging.

Dr. Ari Umutyán, Medical Oncologist and Medical Director of the Martin-O'Neill Cancer Center will address the latest cancer developments and treatments.

Snacks and lecture are free to the public.



Simple Arts & Crafts

Elena Mendez

Monday, October 13, 3:00-5:00

Rianda House

Come join us for some fun creating art projects from various materials and items from nature. This class is another means to de-stress, socialize and simply have fun. **RSVP**



Farmers Market

Staff

Friday, October 31, 7:30-12:00

Crane Park

Stop by the Rianda House booth at the St. Helena Farmers Market on the first Friday of each month. Get information about programs and activities. Enjoy fresh produce, gourmet food vendors, beautiful hand-crafted items and non-profit organizations in this family friendly atmosphere! **RSVP**





Special Events

To register for special events call (707) 953-8555 x 101

Artes y Manúalidades Simples

Elena Mendez

Martes, Octubre 14, 10:30-12:30

Rianda House

Únete a nosotros para divertirte creando proyectos con varios materiales y elementos de la naturaleza. La clase es otra forma de desestresarse, socializar y simplemente pasar un buen rato.

RSVP



Comprender Los Cuidados Paliativos y Los Hospicios

Gladys Portillo

Tuesday, October 21,

11:30-12:30, Rianda House

Esta presentación ofrece una visión general esencial de los cuidados paliativos y los cuidados terminales, diferenciando entre los dos servicios que se centran en mejorar la calidad de vida de las personas con enfermedades graves. Detalla quiénes reciben estos servicios, los servicios prestados por un equipo interdisciplinario y los beneficios clave, como el control de los síntomas y la atención centrada en el paciente. **RSVP**

Rianda OPEN House

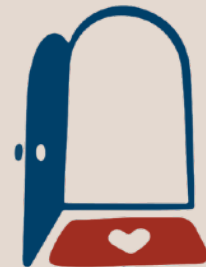
UpValley Community

Sunday, Oct 26, 3:00-5:00

Rianda House

Everyone is invited! Come celebrate and share our gratitude for all who made the newly refreshed Rianda House possible.

Sips and light bites. Fun and good friends. Music by Alec Fuhrman. See you there!



Gong Nidra Meditation

Patrici Flores

Saturday, Oct 25, 9:15-10:15pm,

Rianda House

Gong Nidra is a unique meditation experience combining the calming practice of Yoga Nidra — often called “yogic sleep” — with the deep and powerful healing tones of the symphonic gong. This class lets you lie back, breathe, and allow the sound to carry you. Build a pathway to rest, restoration, and inner stillness. Bring a mat, pillows and blankets.

RSVP



Victim Services Advocate

Irma Luna

Friday, October 17, 12-1:00

by appointment, Rianda House

Call (707) 299-1411

If you or someone you know is a victim of a crime, fraud, abuse, eviction, or in crisis, Irma Luna from Napa County District Attorney's Office can help with no-cost & bilingual support. Call Irma directly to book a session: (707) 299-1411. **RSVP**



Resource Expert

Karen Lustig

Tuesdays 9:00-5:00

by appointment, Rianda House

Call (707) 989-0219

Karen connects seniors with essential information, resources, and services needed to maintain independence and support quality of life. Whether you need support with housing, caregiving, transportation, or food access, Karen can help. Call Karen Lustig (707) 989-0219. **RSVP**





Classes & Activities

All Classes are no-cost. No registration needed unless noted.
More detailed descriptions go to riandahouse.org



Access Bars

Kaylee Hardin

Tuesdays, 12:30-1:30, American Legion

Looking to relax, recharge, and clear your mind? Access Bars is a gentle technique using light touch on points of the head to support balance and well-being. Private, 30 minute session.

Astrology

KayleeHardin

Fridays, October 10 & 24, 11:15-12:15, Rianda House

Gain insight into how the planets and their placement influence the temperament of elements as well as the different characteristics of each zodiac sign.

Balance and Stretch

Jennifer Duncan & Kerry Brackett

Mondays, 10:00-10:45, Rianda House, or Zoom (hybrid)

Thursdays, 11:15-11:45, American Legion

As we age, we may find our balance isn't steady, but with regular exercises and stretching for flexibility, we can improve.

Body Mind Nutrition

Susan Arthur

Thursdays, 9:15-10:30, Rianda House

Discover your personal path to better health and a higher quality of daily life. Topics include digestive health, heart and immune health, weight and blood sugar management, improved energy, mood, cognition and more. **RSVP**

Improve Your Bridge Game

Tammy McDonald

Fridays, 10:00-12:00, Rianda House

Learn and have fun playing cards, instruction includes bidding and defending.

Canasta

Lucy Thater

Fridays, 1:00-4:00, Rianda House

Great for both mind and spirit. Game takes 2-4 hours, multiple rounds. Newcomers welcome. Lucy will teach you!

Chair Aerobics

Kerry Brackett

Thursdays, 10:40-11:10, American Legion Hall

Enjoy a fun, energetic 30-minute workout seated in a chair set to upbeat music! No experience needed.

Chair Yoga

Kaylee Hardin

Wednesdays, 10:00-10:45, Rianda House

Chair Yoga is gentle - good for injuries or mobility restrictions; low impact-designed to help lengthen and strengthen the body.

Dementia Family Caregiver's Support

Thursday, Oct. 2, Rianda House, Thursday, Oct. 16, Zoom

3:00-4:30. Alzheimer's Assoc. and Providence Adult Day Health

Led by a skilled social worker, this support group offers a comforting space for care partners while sharing experiences and practical tips. Contact: Melissa Gerard, Providence Adult Day Health, 707-815-6258; melissa.gerard@providence.org

Duplicate Bridge

Tammy McDonald

Mondays, 12:30-4:00, Rianda House

Bridge is a fun, social and competitive card game. Bring a partner or we will help you find one.



ESL (English Second Language)

Lorraine Ruston

Tuesdays, 9:00-10:15, Rianda House

Basic English vocabulary and conversational practice.

ESL (Ingles Segundo Idioma)

Lorraine Ruston

Los martes, 9:00-10:15, Rianda House

El énfasis de la clase será vocabulario básico de inglés y la práctica de conversaciones.

French Club

Sue & Skip Hopgood

Mondays, 9:30-11:00, Rianda House

Share personal experiences and cultural history through conversational French. Some knowledge of French is necessary, skills vary.

Genealogy

Kelly Wheaton

Friday, Oct. 3 & 17, 10:00-12:00, Rianda House

Explore topics from DNA to genealogical research to family history writing. Drop-ins welcome.

Gents & A Cuppa Joe

Carroll Cotten

Thursdays, 8:30-9:30, Rianda House

Share a Cuppa Joe, discuss local issues, and swap stories with friends and neighbors. Always fun and informative!

Imagery and Poetry

Dr. Lisa Hinz

Friday, Oct. 17 & 31, 1:00-2:30, Zoom

Imagery often inspires poetry. Create a visual collage as the foundation for writing poetry.

Intro to Ballet

Darby Perrin

Saturdays, Oct. 11 & 25, 4:15-5:00, Rianda House

Discover the joy of ballet! This beginner-friendly class builds body awareness and coordination - set to classical music. No experience needed.

Ladies & A Cuppa Tea

Ellen Cotten

Tuesdays, 9:30-10:30, Rianda House

Friendship and a cup of tea. A warm, inviting atmosphere encourages fun and engaging discussions.

Line Dancing

Becky Jo Peterson

Mondays, 11:00-12:00, American Legion Hall

Kick up your heels to lively music. Learn five new dances each session. Beginners and drop-ins welcome.

iLotería!

Lorraine Ruston

Tuesdays, Oct. 7 & 28, 11:30-12:30, Rianda House

Lotería is a traditional Mexican game like bingo, played with cards. Spanish and English—conversation practice encouraged! La lotería es un juego de mesa tradicional mexicano de azar, similar al bingo, pero que se juega con una baraja de cartas en lugar de bolas numeradas. Jugaremos en español e inglés. ¡Se incluye y fomenta la práctica de conversación!

Mah Jongg

Michele Barberi Hyde

Fridays, 1:00-4:00, Rianda House

This traditional Chinese, tile-based game requires skill, strategy, and a bit of luck. All levels. Cards available.

MasterMinds

Verona Ladd

Wednesdays, Oct. 15 - Nov. 19, 10:00-11:30, Rianda House

As we age, memory can change. This program offers strategies and practical skills to better understand and support memory in daily life. **RSVP**

Classes & Activities

All Classes are no-cost. No registration needed unless noted.
More detailed descriptions go to riandahouse.org

Men's Fitness (no class 10/7 & 10/14)

Evan Massaro

Tuesday, 8:00-9:00, American Legion Hall

Improve balance, flexibility and cardiovascular fitness with a splash of dad jokes! All levels are welcome. Bring a mat.

Music with Ric

Ric Morgan

Wednesdays, 1:00-2:00, Rianda House

This sing along program rekindles nostalgia of songs from the 1930s to the 1960s. All are welcomed.

Needlers' Club

Julie Bolander

Thursdays, 1:00-3:00, Rianda House

Relax and work at your own pace as you socialize with other craftspeople. Some materials are available. All levels.

News and Views

Lorne Glaim

Mondays, October 6 & 20, 1:00-2:00, Rianda House

Share ideas on local and world events in a respectful setting.

Peace of Kate Happy Hour

Kate Jessup

Wednesdays, October 1, 15 & 29, 3:00-4:00, Rianda House

Kate coaches the group to utilize mindfulness and self-awareness, as well as other approaches to bring more happiness and joy into their lives.

Pilates

Darby Perrin

Saturdays, October 11 & 25, 3:00-4:00, Rianda House

Pilates is a full body exercise class focusing on strength and mobility by enhancing mind body connections. Build a strong and stable core with Darby! Please bring a mat. RSVP

2nd Tuesday Page Turner Book Club

Lorraine Ruston

Tuesday, October 14, 7:00-9:00pm, Rianda House

Each month a member chooses a book, leads discussion and provides refreshments. Call to be on the WAIT LIST.

Sound Bowl Meditation

Kaylee Hardin

Wednesdays, 9:00-9:45, Rianda House

Experience calming breathing exercises, a short guided meditation, and the soothing sounds of crystal singing bowls.

Introduction to Spanish

Lorraine Ruston

Tuesdays, 1:00-2:30, Rianda House

Learn to speak and understand beginning Spanish. Vocabulary and grammar from Sections 1 and 2 of Duolingo.

Intermediate Spanish

Lorraine Ruston

Thursdays, 1:00-2:30, Rianda House

Intermediate conversational practice is based on grammar and vocabulary introduced in Duolingo's Sections 3 and 4.

Advanced Spanish

Lorraine Ruston

Wednesdays, 2:15-3:45, Rianda House (Begins 8/13)

Practice advanced conversational Spanish using vocabulary and grammar from Duolingo Sections 5-8.

Strength Training

Kathy Carrick

Tuesdays & Thursdays, 7:30-8:30am, Presbyterian Church

Enhance muscle strength and tone. An excellent workout! All levels welcome.

Tai Chi & Qi Gong

Joseph Nase

Thursdays, October 2 & 9 only, 9:00-10:00, Lyman Park

Boost energy and well-being with breathwork, meditation, and gentle movement for body, mind, and spirit.

Tech Today

James Scanlan

Wednesday, October 8 & 22, 2:30-4:00, Rianda House

Hard time keeping up with tech? Let a pro help you. Reserve a 30 minute private session. Bring your handheld device. **RSVP**

Vineyard Walk

Brad Skibbins

Friday, October 17, 9:30-10:30, Rianda House

Scenic, 1.5 mile flat vineyard walk. Approximately 45 minutes. Meet at Rianda House. **RSVP**

Yoga: Stretch and Flow

Kaylee Hardin

Tuesdays, 11:15-12:15, American Legion Hall

Combining deep stretches and gentle movements. Suitable for all levels. Bring a mat. Chair modifications available.

Zumba Gold

Becky Jo Peterson

Mondays & Thursdays, 9:30-10:30, American Legion Hall

Get your heart pumping while improving balance, stamina and toning important muscles.

CALISTOGA

Calistoga Loop Walk

Julie Spencer & Bobbie Casey

Friday, October 3, 9:00, Calistoga Community Center

Join us for the 3-mile Calistoga Loop Walk—1 to 1.5 hours at a moderate pace, starting at the Community Center. A fun, social way to boost your health. **RSVP**

Lunch & Learn

Rianda House, UVFC, & Parks & Rec.

Wednesday, October 15, 11-1:00, Calistoga Community Center

Focused on enhancing community connections and providing informational resources through guest speakers and a variety of topics. Free lunch is provided for all participants. **RSVP**

Tai Chi

Diana Latorre

Saturday, Oct 4, 9:00-9:45am, Pioneer Park

Saturday, October 18, 9:00-9:45am, Brannan Center

A gentle, music-based meditation with flowing, repetitive movement—suitable for all fitness levels.



Chair Yoga

Diana Latorre

Saturday, October 18, 10-11:00, Brannan Center

All are welcome for an opportunity to breathe, stretch, release and reset your body and mind. We will be both sitting and standing; practicing balance and moving joints and muscles to your own ability. Come experience self care from the comfort of a chair at your pace.

Brannan Center Grand Opening!

October 4, 10:00-4:00

We are glad to be able to offer Rianda House at Brannan Center! **Also, a heartfelt "Thank You!" to the City of Calistoga for a \$3,333 community grant.**

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--|---|--|--|--|---|--|--|--|
| OCTOBER RIANDA HOUSE 1475 Main St. (707) 963-8555 riandahouse.org | | A American Legion (1291 Madrona Ave, St. Helena) C Calistoga Community Center (1307 Washington, Calistoga) B Brannan Center (1407 3rd Street, Calistoga) H Hybrid (Online & at Rianda House) L Lyman Park (1498 Main, St. Helena) P Presbyterian Church (1428 Spring Street, St. Helena) R Rianda House (1475 Main Street, St. Helena) Z ZOOM (online) * Check description in newsletter for location | | 1 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 11:30 Kaizen: Small Steps to "Success" R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour | | 2 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong A 9:30 Zumba Gold R 9:15 Body Mind Nutrition A 10:40 Chair Aerobics A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish R 3:00 Dementia Family Support | | 3 C 9:00 Calistoga Loop Walk R 10:00 Improve Your Bridge Game R 10:00 Genealogy R 1:00 Canasta R 1:00 Mah Jongg SATURDAY 4 * 9:00 Tai Chi | |
| | | 6 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 News and Views A 1:00 SongShine | | 7 P 7:30 Strength Training R 9:00 ESL A 9:00 Tai Chi R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish | | 8 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 11:30 Kaizen: Small Steps to "Success" R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today * 6:00 Common Table Speaker Event | | 9 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe L 9:00 Tai Chi & Qi Gong A 9:30 Zumba Gold R 9:15 Body Mind Nutrition A 10:40 Chair Aerobics A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish | |
| 13 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge A 1:00 SongShine R 3:00 Simple Arts & Crafts | | 14 P 7:30 Strength Training R 9:30 Ladies & A Cuppa Tea R 10:30 Artes y manualidades simples R 11:15 Yoga Stretch and Flow A 12:30 Access Bars R 1:00 Introduction to Spanish R 7:00 Page Turner Book Club | | 15 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds (New Session) C 11:00 Lunch and Learn R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour | | 16 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe A 9:30 Zumba Gold R 9:15 Body Mind Nutrition A 10:40 Chair Aerobics A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish Z 3:00 Dementia Family Support | | 17 R 9:30 Vineyard Walk R 10:00 Improve Your Bridge Game R 10:00 Genealogy R 12:00 Victim Services R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry SATURDAY 18 B 9:00 Tai Chi B 10:00 Chair Yoga Harvest Festival | |
| 20 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge R 1:00 News and Views A 1:00 SongShine | | 21 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 Comprender los ciudadanos paliativos y los hospicios A 12:30 Access Bars R 1:00 Introduction to Spanish | | 22 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:15 Advanced Spanish R 2:30 Tech Today | | 23 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe A 9:30 Zumba Gold R 9:15 Body Mind Nutrition A 10:40 Chair Aerobics A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish | | 24 R 10:00 Improve Your Bridge Game R 11:15 Astrology R 1:00 Canasta R 1:00 Canasta SATURDAY 25 R 9:15 Gong Nidra Meditation R 3:00 Pilates R 4:15 Intro to Ballet SUNDAY 26 R 3:00 OPEN HOUSE! | |
| 27 R 9:30 French Club A 9:30 Zumba Gold H 10:00 Balance and Stretch A 11:00 Line Dancing R 12:30 Duplicate Bridge A 1:00 SongShine | | 28 P 7:30 Strength Training A 8:00 Mens Fitness R 9:00 ESL R 9:30 Ladies & A Cuppa Tea A 11:15 Yoga Stretch and Flow R 11:30 iLotería! A 12:30 Access Bars R 1:00 Introduction to Spanish | | 29 R 9:00 Sound Bowl Meditation R 10:00 Chair Yoga R 10:00 MasterMinds R 1:00 Music with Ric R 2:15 Advanced Spanish R 3:00 Peace of Kate Happy Hour | | 30 P 7:30 Strength Training R 8:30 Gents & A Cuppa Joe A 9:30 Zumba Gold R 9:15 Body Mind Nutrition A 10:40 Chair Aerobics A 11:15 Balance and Stretch R 1:00 Needlers Club R 1:00 Intermediate Spanish | | 31 * 7:30 Farmers Market R 10:00 Improve Your Bridge Game R 1:00 Canasta R 1:00 Mah Jongg Z 1:00 Imagery and Poetry Red indicates new class or required registration | |

RIANDA HOUSE

1475 Main Street
St. Helena, CA 94574
707-963-8555

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Return Address Requested

To help keep our classes free, please support

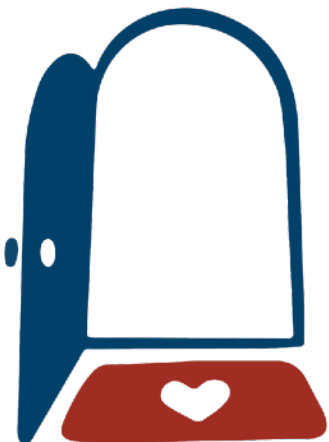


riandahouse.org



Everyone Is Invited!

For a celebration and in gratitude for all who made the
newly refreshed Rianda House possible



WELCOME!

Sunday, October 26
3:00-5:00 pm
Sips and light bites,
Music, fun, and
good friends



Music by Alec Fuhrman